

ISSUE 64
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A Research Newsletter for Allied Health Clinicians

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Contact us

Alliedhealth.research@easternhealth.org.au

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@EH_Research

Allied Health Research at Eastern Health welcomes new manager

We are extremely pleased to announce the appointment of Dr Annie Lewis into her new role as Allied Health Clinical Research Office Manager. Annie brings a wealth of experience in research processes, governance and leadership, and will provide operational leadership for Allied

Health Research at Eastern Health.

Through Annie's new role, implementation of clinical research and evidence-based practice will continue to be supported and promoted amongst allied health clinicians. Congratulations Annie!



Eastern Health



Please join us

2023 ALLIED HEALTH RESEARCH FORUM


 **25th October 2023**
1.30pm-4.30pm

 **Wantirna Health Lecture Theatre**

 **Refreshments & parking will be provided so please [click here to register or use QR!](#)**



GUEST SPEAKER

PROF NORA SHIELDS 

PRESENTS

'THE ROLE OF HEALTH PROFESSIONALS IN PROMOTING PHYSICAL ACTIVITY AMONG PEOPLE WITH DISABILITY'

Nora Shields is a research physiotherapist who aims to improve the health and wellbeing of people with disability through exercise and physical activity. She established FitSkills – a community program that facilitates young people with disability to exercise with a student mentor at their local gym. FitSkills was the winner of the 2021 VicHealth Leading Health Promotion Research Award.

The 2023 3MP Competition is now open for registrations! Enter and find out more details


[Here](#)


<https://latrobe.questionpro.com/3mp2023>

All EH allied health clinicians and scientists are invited to present a project (proposed or completed) in 3 minutes, with prizes awarded for the 'Best Presentation' and 'People's Choice'.

3MP Entries closing date: 4 Oct

An afternoon of sharing, learning and celebrating the latest in Allied Health research

 alliedhealth.research@easternhealth.org.au

 [@EH_Research](https://twitter.com/EH_Research)

PhD Scholarship opportunity: La Trobe University Clinician Researcher PhD Program



Eastern Health

In 2023 La Trobe University announced a Clinician Researcher PhD program whereby a healthcare organisation can support a health professional staff member to undertake a PhD to investigate a practice-based research question.

The Allied Health Clinical Research Office at Eastern Health is a member of the Academic and Research Collaborative in Health at La Trobe University, and has a commitment to increase the research culture and capacity in allied health at Eastern Health.

La Trobe University and the Allied Health Clinical Research Office will co-sponsor a full-time PhD scholarship for an eligible allied health professional employed in one of the allied health therapies at Eastern Health to conduct a program of research consistent with one of our two research themes of (1) Helping people to live in their communities or (2) managing demand for health services.

Tax free stipend:

\$58,000 per annum for 3.5 years

(Jointly funded by the Allied Health Clinical Research Office, Eastern Health and La Trobe University)

Full time scholarship

This scholarship is to undertake a full time PhD, commencing in 2024. Up to 8 hours of paid employment within usual business hours is permitted under the condition of the scholarship. Eastern Health has committed to taking a flexible approach to secondment from a substantive role and will explore options for appropriate 0.2 EFT roles to support the recipient to maintain connection and continuity of service.

Eligibility Criteria

1. Eligible for admission to PhD at La Trobe University, requiring completion of a degree with a research thesis OR lead authorship of a peer-reviewed publication in the last 10 years
2. Currently employed as an allied health professional (therapies) at Eastern Health
3. Propose a topic of research that addresses one the specified research themes

Interested? Contact Nick Taylor (n.taylor@latrobe.edu.au) for further information and to obtain an application form.
Applications close Friday 1st October

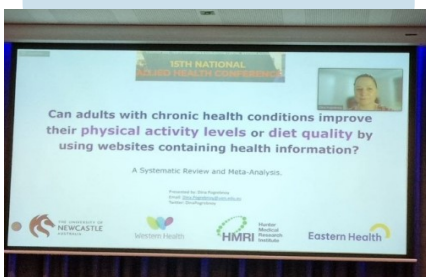
15th National Allied Health Conference

The 15th National Allied Health Conference held in Perth on 7th to 9th August highlighted some of the exciting research completed by clinicians across various disciplines.

Presentation:

[Self-directed web-based programs are effective in improving physical activity and or diet quality for people living with chronic illness. A systematic review and meta-analysis.](#)

Dina Pogrebnoy, Amy Dennett, Dawn Simpson, Lesley MacDonald-Wicks, Amanda Patterson, Coralie English



Poster Presentation:

[New model of care: Rapid Face to Face Triage for clients discharged home.](#)

Birgitte Bowers, Kim Williams

Poster Presentation:

["It can be very daunting": Hospital staff views on, and experiences of falls in hospital patients with communication disability.](#)

Rebecca Sullivan



Well done!

Presentation:

[Hiding in plain sight: a cross-sectional study of metabolic syndrome and lifestyle risk factors in community rehabilitation](#)

Casey Peiris, Katherine Harding, Judi Porter, Nora Shields, Chris Gilfillan, Nicholas Taylor

Allied Health research at Eastern Health leading the way in managing demand for community health services

Outcomes of work done for the **STAT (Specific & Timely Assessment and Triage)** model have recently been incorporated into the new Demand Management Toolkit for Community Health Services, released by the Department of Health. A team led by Katherine Harding have now been awarded funding to deliver training to community health services across Victoria to support implementation of the toolkit.

Occupational Therapist **Kellie Angel**, will be taking up the role of Project Manager work with the

team at Eastern Health/La Trobe University to support the implementation of the principles of the Toolkit in Victoria's 78 community health services, through delivery of workshops education, consulting with community health providers and mediating an online community of practice.

Our researchers have been leading the way in this field over many years, and it is great to see this body of work having a high level impact in policy and practice.

Upcoming STAT workshops

Interactive workshops are held regularly for clinicians and managers to find out more about the STAT model and how it can be used to reduce waiting times. The workshops cover:

- Principles of STAT and how it works
- Evidence of effectiveness
- The steps required to implement STAT
- How STAT can make a difference to your patients and the potential opportunities and challenges for your service.

Dates for 2023

[Friday 15th September, 10-4pm](#)

Face to face, La Trobe University City Campus, 360 Collins St Melbourne
(\$190, including lunch/morning tea)

[Thursday 2nd November, 12.30-4.30pm](#)

Online via zoom (\$160)

A limited number of FREE places are available for Eastern Health staff.

For more information contact annie.lewis@easternhealth.org.au

Find out more about the STAT model here



Enhancing self-efficacy after hip fracture

After a hip fracture, many patients experience a loss of confidence that can affect recovery. Over the past four years, the MIHIP (motivational interviewing after hip fracture) project has been trialling motivational interviewing as an adjunct to standard rehabilitation to try to improve confidence, in the hope of increasing physical activity after hip fracture. Early findings from qualitative data suggest that the intervention has been well-received and valued by patients, and results from this trial reporting on the health and activity outcomes will be coming soon.

A limitation of this study is that the intervention was delivered by trial staff, rather than being integrated into usual care. A team led by Nick Taylor is now commencing pilot work investigating the feasibility of incorporating psychosocial interventions into usual care rehabilitation programs after hip fracture.

The work is funded by a grant from La Trobe University. Project officers **Made Rimayanti** and **Scott Williams** will be talking to patients and clinicians who have experience with motivational interviewing within the context of the MIHIP trial, conducting a systematic review of the literature and exploring use of psychosocial interventions within our rehabilitation services.

Project officers Scott Williams and Made Rimayanti



The project brings together Eastern Health researchers Katherine Harding, Nick Taylor and Liz Wintle with colleagues from La Trobe (Nora Shields, Paul O'Halloran, Casey Peiris, Adam Semciw) and Monash Universities (David Snowdon). This exploratory work will be used to plan a proposal for a future implementation trial to determine the feasibility and effectiveness of embedding psychosocial interventions in rehabilitation programs.



PhD Spotlight: Swapna Gokhale

Swapna Gokhale is an experienced Pain Management Physiotherapist and Senior Project Officer with the Clinical Governance and Quality team at Eastern Health. She supports the implementation of organisation-wide initiatives that require cross-sector engagement. Her interest in health service improvement has been developed through leading projects such as the Pain Service Waitlist Redesign using STAT principles and the implementation of Health-links algorithm which identifies patients at a high risk of readmission due to chronic diseases. Swapna successfully secured a Graduate Research Industry Partnership (GRIP) scholarship to pursue a PhD in data-driven healthcare innovation and research.

Two years into her PhD journey with the [Monash Centre for Health Research and Implementation \(MCHRI\)](#), Monash University, Swapna is looking at the prediction of extended length of stay (LOS) in hospital admissions. Her recent

systematic review [published in Frontiers in Medicine](#) revealed that in spite of numerous reports of LOS prediction models with reportedly good to excellent accuracy, there is a significant lack of clinical implementation of these technologies with translation to actionable insights for frontline clinicians and health administrators.

Specifically, it was important to understand the opportunities and challenges around the implementation of such predictive tools in clinical decision making, and its assimilation into daily practice. Stakeholders and data have identified hospital acquired delirium as a key contributor to prolonging hospital LOS and a known gap in timely identification and early intervention for its prevention. Consequently, Swapna conducted a qualitative study to explore the contextual factors in the implementation of such risk prediction tools in the identification and management of patients with delirium. Key findings of this study are expected



to shape the implementation strategy of this data-driven intervention.

In her final year, Swapna will develop and validate a risk prediction tool using machine learning to enable the early identification of patients at risk of delirium and prolonged LOS. She hopes to contribute to the understanding of implementation recommendations for clinical application of risk prediction models to deliver safer and high-quality care with an intention to embed such tools as an integrated legacy framework, for future use by the health service.

2024 Eastern Health Foundation Research and Innovation Grants

Applications for the 2024 Eastern Health Foundation Research and Innovation Grants may be submitted from **19 September 2023 until midnight 31 October 2023**. Grants are open to all Eastern Health staff and disciplines.

A preview of the application form is now available via the SmartyGrants Eastern Health Foundation Research and Innovation Grants portal at: <https://easternhealth.smartygrants.com.au/2024EHFResearchInnovationGrant>

“Thanks to the commitment of our philanthropic donors, Eastern Health is able to support ongoing research to help discover new treatments and cures to advance healthcare for generations to come,” says Veronica Lyons, Director, Eastern Health Foundation.

Please contact Prof David Taylor, Director of Research and University Relations via David.Taylor@easternhealth.org.au should you have any questions with regards to your research or application process.



Euan's musings

Euan has a doctorate but discovered saying this does not equate to free hot chocolates for life, or ever.

Special issues

We are all special. You're special. Unless you are being peer reviewed. Then you are a nameless annoyance of a minion.

Welcome to this special issue of the Research News. I often get an e-mail from the esteemed editor of this very newsletter asking for a theme within these musings. As a regular reader I am sure you are have noticed this, or had sudden TIA at the mere thought any planning goes into these musings.

Today's special issue is about (insert editor's last minute idea here). I can't tell you how passionate I am about (insert editor's last minute idea here). Each day I wake up and think about (insert editor's late minute last here). In fact, I'm (insert editor's last minute idea here) right now and loving it.

There's always something exciting about a special issue. My love of special issues began, when after years of longing, there was finally a crossover of Archie meets Batman in the 1990s comic series. My love of special issues was, however, tested when Alien versus Predator later hit comic book shelves. Still, as I grew ancient, bitter and reclusive during a PhD, if a special issue came out on my topic of research it was a mini Christmas as I knew it saved me at least 3 hours in front of Pubmed.

However, some editor somewhere looked at the Marvel Cinematic Universe model and thought that special issues should be released every thirty seconds so now we are at a point when there is no special issue, that somehow makes it special.

So spotting a special issue that is actually special may require a little thinking. Consider the journal, consider the authors, consider the topic, consider any prior call outs for the special issue and ask yourself if it passes the Archie meets Batman awesomeness matrix™

In the meantime, keep an eye out for upcoming special issues. Think about your research and how it is relevant to be published the special issue. They are a good way of targeting your research to your audience. You could even e-mail a journal's editors and suggest an idea or ask if a special issue is coming up.

I'm off to e-mail Dark Horse comics about a Yoda meets Bender crossover. You're welcome.

Allied Health Research and Translation Fellow

- Allied Health Professional Grade 4
- Employment status: 0.6 EFT
- Fixed Term contract until 28th March 2025
- Eastern Health – based at 5 Arnold Street Box Hill

Through the *Allied Health Research and Knowledge Translation* program, a DoH funded initiative focusing on enhanced research, education, and leadership capacity for allied health professionals, an opportunity has become available for a new part time fellow to step into this role on a part time basis for the second half of the current term, joining an existing fellow in job share arrangement.

To be eligible for this role, applicants must have:

- A recognised graduate entry-level qualification in an Allied Health discipline from one of the disciplines covered by the AHPA (HSU branch 3)
- A research doctoral degree completed within the last 5 years or be a current doctoral candidate expecting to submit their thesis within 6 months.

Opportunity available!

Position details and description [here](#)

Closing Date: 8th September 2023

Please contact Prof Katherine Harding, via katherine.harding@easternhealth.org.au or 0420 939 008 should you have any questions with regards to the position or application process.

Conference Presentations

Staff from across the allied health spectrum have been flying the flag for Eastern Health at professional conferences in recent months. Congratulations to all of these people who shared their work on the national stage!

OTA 30th National Conference and Exhibition 2023, 21-23 June 2023



Oral Presentations

Rebecca Nicks and Anna Joy

Core business on subacute wards during the COVID-19 pandemic: A retrospective audit.

Lisette Evans and **Rebecca Nicks** The role of occupational therapy in a community rapid response team: An observational study.

Kelly Stephen Patients experiences' of bed-chair sensor alarms in falls prevention: A qualitative study
Katelyn Moloney, Sophie O'Keefe, Serena Alves-Stein, Nicole Pendrey, **Rebecca Nicks** and Natasha Lannin.

Capturing intricacies of vocational rehabilitation interventions provided after stroke: A survey of experienced allied health professionals.

Emma Schneider, Laura Jolliffe, **Rebecca Nicks**, Lisa O'Brien and Natasha Lannin. Are Cognitive Assessment of Minnesota (CAM) results associated with inpatients' functional performance?

E-poster presentation

Anna Joy, **Katherine Harding**, Kylee Lockwood and Leanne Carey. Electronic learning impact on knowledge

Dietitians Australia 2023 Conference, 23-25 July 2023



Workshops

Lina Breik 'Nutrition Support in Adults on Home Enteral Nutrition'

Jorja Collins, **Stefanie Carino**, Kathy Fulkner, Nathan Cook, Lena Jengbluth 'How to design, conduct and analyse a food waste audit'

Judi Porter 'Peer review: a critical but oft-overlooked step in the journey to publication'

Presentations

Hannah Silva Long-term FODMAP diet outcomes: symptom control, quality of life and food-related quality of life

Stefanie Carino Sustainable food initiatives and priority areas for action in Global Green and Healthy Hospitals Pacific Region

Hannah Silva Disordered eating in irritable bowel syndrome and the FODMAP diet*

Lina Breik Tube Dietitian: a community-based home enteral nutrition (HEN) service

Jessica Luongo, Noel Annakis, Rubina Raja, **Jo Mckinstry**, Denise Spanos, Oshara De Silva and Sheree Phillips
'Improving Nutrition Diagnosis Statements and Goal Setting in an Electronic Medical Record'

**** Congratulations to **Hannah Silva** who was awarded the 'Practice-Based Evidence in Nutrition Prize' ****

APA Physiotherapy IGNITE Conference, 5-7 October 2023

Presentations

Melanie Haley (Invited speaker) Implementation of World Guidelines for Falls Prevention and Management for Older People in the real world

Amy Dennett (Invited speaker): The future is here: implementing tele rehabilitation for cancer survivors

Germaine Tan Do cancer survivors maintain health benefits six to twelve months after exercise-based cancer rehabilitation? A systematic review and meta-analysis

Sarah Osiurak An interactive clinical supervision training program may improve the effectiveness of clinical supervision of physiotherapists: a randomised controlled trial



Diabetes Feet Australia 2023 Conference, 8-10 October 2023

Posters

Stephanie Wong, **Michaela Watts**, **Sarah Dallimore** A Partnership with Alice Springs Hospital High Risk Foot Service: Learnings and Reflections

Sarah Dallimore, **Michaela Watts**, **Jessie Quach**, **Madusha Karunanayaka**, **Matthew Donato**, **Frances Massarotti**, **Danielle Griffiths** Monitor++: A SMS-based survey for post-operative follow-up of high-risk foot patients following minor foot amputation

2023 EASTERN HEALTH RESEARCH FORUM

Wednesday 29th November

Venue: Box Hill Institute

www.easternhealth.org.au/research-ethics/latest-news

**SUBMIT
YOUR
ABSTRACTS
NOW!**

Eastern Health 

The Eastern Health Office of Research and Ethics invites you to submit your abstracts to be considered for either an oral or poster presentation at the 2023 Eastern Health Research Forum.

Please visit the [Office of Research and Ethics Website](#) for more information and to download the submission guidelines, abstract template and the abstract registration form.

Email your Registration Form and Abstract to ethics@easternhealth.org.au

Abstract submissions close on Sunday 17th September 2023, 11:59pm AEST.

The 2023 Eastern Health Research Forum will be on, Wednesday 29th November 2023, at the Box Hill Institute, Elgar Road.

Allied Health Research Achievements

Publications

Carino S, Misale G, Egan M, **Collins J**. The origins of hospital food: Where does it come from and what do staff, patients and suppliers think about local food? *Nutr Diet*. 2023 Apr;80(2):154-162.

Elliott A, Gibson S, Bauer J, **Cardamis A**, Davidson Z. Exploring Overnutrition, Overweight, and Obesity in the Hospital Setting-A Point Prevalence Study. *Nutrients*. 2023 May 15;15(10):2315.

Harding KE, **Lewis AL**, **Dennett A**, Hughes K, Clark M, **Taylor NF**. An evidence-based demand management strategy using a hub and spoke training model reduces waiting time for children's therapy services: An implementation trial. (Early online)

Lewis, A, **Harding KE**, **Carney P**, **Taylor NF**. An innovative model of access and triage to reduce waiting in an outpatient epilepsy clinic: an intervention study. *BMC Health Services Research* Accepted 25/7/2023 (in press)

Allied Health Research Committee

Nick Taylor
Katherine Harding
Amy Dennett
Annie Lewis
Anne Thompson (L&T)
Danielle Griffiths (Pod)
CK Yao (Dietetics)
Rebecca Nicks (OT)
Kate Morris (SP)
Sofie Hatzipashalis (SW)
Sabrina Hernandez (PT)
Peter Brann (Mental Health)
James Gooden (Psych)

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